

# Groups Update

## **AFFIRM youth groups returning soon!**

AFFIRM youth groups will be available again soon. AFFIRM is a 9-session evidence-based manualized group integrating identity affirmation with CBT to improve wellbeing of LGBTQ+ youth. The model incorporates an understanding of the discrimination and stress people within LGBTQ+ community face, how it can create negative thoughts and feelings and how to cope with stress, anxiety and depression. We will be partnering with the Hamilton Wentworth District School Board to offer AFFIRM to all Hamilton LGBTQ+ or questioning youth. Once open, you will be able to refer through eReferral or the youth can call or email to refer directly.

If you have questions in the meantime, please email [Tricia.Brinn@HamiltonFHT.ca](mailto:Tricia.Brinn@HamiltonFHT.ca).